

laborious and most servile type is their only conception of nursing, and they remain unaware of the great changes going on about them.

We must not forget the large possibilities in our as yet non-nursed almshouses, and consider what it would mean in the way of equivalent work if every one of these, where there were patients, installed a nurse (as they should do) to care for them.

In private duty itself, whereas diphtheria and typhoid have almost disappeared, a new and far more delicate line of special work is already developing, in the care of psychopathic cases according to scientific psychology—a specialty that is only beginning to be more than rudimentary. As this new branch of nursing grows, it will call more than the ordinary woman with an ordinary training to its service.

Though private duty in the future may be less exciting than in the old days when contagious diseases were prevalent, the nurse will learn to reap satisfaction of another kind in realizing the social significance of her preventive work. We can only rejoice if typhoid fever disappears, as it should, even though every nurse loved her typhoid cases.

The new specialties for nurses mean that they can live a more normal life—go to bed at night, and keep in touch with other great things that are going on in the world. I hope that private duty will disappear altogether, for that will mean a high standard of public health, and then the nurses and physicians of the future can be employed entirely in keeping people well.

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## THE ADIRONDACK COTTAGE SANITARIUM AT TRUDEAU, N. Y.

By MADELINE SMITH, R.N.  
Graduate of St. Luke's Hospital, Chicago

IF any nurse thinks of contracting tuberculosis, may a kind Providence send her to the Adirondack Cottage Sanitarium, but let her not wait too long, for there only the incipient cases are taken.

The institution was founded by Dr. Edward L. Trudeau in 1884 and opened in February of the following year. Since that time it has grown from one building to about thirty-eight, including an administration building, a medical and reception building, twenty cottages, a chapel, infirmary, post office, library, amusement pavilion, laundry and necessary outbuildings. The property consists of two hundred acres

which lie on the slope of Mt. Pisgah, overlooking in three directions most beautiful mountain scenery.

As the crow flies, it is a mile from the village of Saranac Lake; by road, a mile and a half. This road winds along the Saranac River, a swift and picturesque stream, which finally seeks an outlet at Plattsburg on Lake Champlain. In the autumn the trees that mark its borders are a blaze of glory and at any season of the year there is much to enjoy in this little drive which separates Trudeau from Saranac Lake.

The staff at Trudeau consists of the physician in charge, a lady superintendent, two assistant physicians, a head nurse, and three assistant nurses. The head nurse, with one assistant, is in charge of the infirmary, while the remaining two attend to the cottage nursing. This number of nurses is sufficient to meet all ordinary demands of the hundred or more patients.

It is a noteworthy fact that all the positions at the sanitarium are filled by former patients or those who at one time or another have had tuberculosis.

One is first impressed by the cheerful atmosphere of the place and the apparently very able-bodied looking individuals who make up the personnel. In summer it is not difficult to imagine one's self at a summer hotel from which dancing and athletics have been excluded. After tea there is always some one at the piano and whether the music suits the taste of all or not, it induces conversation and lends an air of gayety. In winter, card playing is popular, and for those who enjoy it, passes the two hours before bedtime very agreeably. The holidays of the year are observed with a variety of entertainment. Great preparations are made for Christmas. There is nothing lacking in the way of decorations and a great Christmas tree laden with gifts. If any one feels lonely or homesick, he keeps it to himself, so well is the spirit of Christmas observed. On Washington's Birthday there is a "bal poudre," without the "bal," but enough pleasure is had in other ways to half compensate for the prohibited dancing. Fourth of July, All Hallowe'en and Thanksgiving Day each have their own appropriate celebrations.

In a collection of people as large as that found at the sanitarium, there are often several persons with unusual talents which can be devoted to the pleasure of all. Music, acting, reciting, sleight of hand, are a few of the many ways of diverting the minds of the patients in the short evenings.

A great source of interest and healthy employment is the workshop. This little building is open the year round to those who wish to learn

one of the four branches taught there, illuminating, bookbinding, leather work and picture framing. The expense involved is only that of the materials used and the two teachers in charge are experts in their line of work. The building is exposed to the weather on one side, so that even here one must follow the "cure." The amount of work allowed each patient depends entirely on the amount of exercise permitted him by the staff physicians. The achievements of only a few hours each week in this shop are remarkable and a patient may leave the sanitarium with a nice accomplishment to his credit, beside the amount of "cure" he may have acquired.

There are billiard tables at the amusement pavilion, much in use at all seasons of the year. The Gun Club, for target practice, is enjoyed by the men and a cup has been given to stimulate interest in accurate marksmanship.

Even with all these amusements, the question might be asked, "How do the patients worry through the long days and keep up a fair degree of cheerfulness?" Of those who spend their time in bed or who have the minimum of exercise, the answer might often be that the days are long and dreary. However, for them, if they will interest themselves in the great out-doors, there are the birds, plant and animal life to be seen, not to speak of the stars at night. The majority of patients, after a while, will give up useless regret and devote themselves to the "cure," at the same time agreeing with the old Italian saying "*Dolce far niente*," "How sweet it is to do nothing."

The architecture of the sanitarium is both simple and attractive and many a patient has enjoyed in his cottage more comfort than he ever experienced in his life before.

The cottages, as a rule, have been given as memorials, and improvements are kept up in a number of them by their generous donors.

The little chapel built of cobble stones, with its cross-crowned spire, gives some spiritual atmosphere to Trudeau. One service is usually held on Sunday, for which the patients are indebted to the clergy of Saranac Lake.

The infirmary is a building in which all nurses would be especially interested; it is a place where, to quote from a Trudeau Mrs. Malaprop, "patients are sent who are worse than common!" It is a memorial to the wife of Mr. Otis H. Childs of Pittsburgh, Pa. Much thought and expense have been devoted to making it at once homelike and practical. The interior is charmingly arranged. Outside, there is a broad veranda surrounding three sides of the building, with a Dutch door to each room through which the patients' beds may be conveniently rolled

in and out. The view from the veranda is particularly fine and "White-face," the highest mountain in this region, is an endless pleasure, reflecting as it does the ever varying sunsets.

The patients are expected to begin the "cure" at nine o'clock in the morning; at a quarter of one there is an intermission for dinner till two o'clock. From then until a quarter of six, outdoors again, when the day's work comes to an end. Very enthusiastic patients spend the evenings in the open air, beside sleeping out at night. These persons deserve to be cured. In the warm weather there is no excuse for not wanting to live out of doors, but in winter, in the severe cold, one is apt to regard this as a very cruel world and long for an excuse to go inside.

Porch teas are the customary afternoon dissipation and from three until half after five, summer or winter, may be seen groups of men and girls enjoying this mild form of excitement. In winter it is sometimes difficult to serve the tea hot, but excuses are unnecessary as all understand the penalty of staying in the house during the hours of "cure."

The statistics of the Adirondack Cottage Sanitarium show most satisfying results of the treatment in vogue there. The gratitude of hundreds of persons is due to the tireless efforts of Dr. Trudeau and the friends who have helped him in this work. To quote from the first annual report, "The undertaking was one which, in this country at least, had no precedent."

Since that time, the year 1886, numerous other institutions for the same cause have been established, none however with a more beautiful setting or showing a better record of health. It has made the names of Trudeau and Saranac Lake famous the world over and there is every prospect for a brilliant future.

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## THE NAVY NURSE CORPS

By ESTHER V. HASSON, R.N.

Superintendent of the Nurse Corps, United States Navy

EARLY in May of 1898 four women graduate nurses left Washington for Key West, Florida, under orders from the Surgeon-General of the Army to report to the medical officer in command of the military hospital at that place for such duty as he might assign to them. Little did the nurses of this country think, at the time, of the far-reaching results of this order and that these women were the nucleus around